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# Toronto Angler's Guide

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# Toronto Angler's Guide

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## A guide to fish and fishing in the Toronto area

**Ian D. Macnab  
Robert A. Hester  
1976**



Ministry of  
Natural  
Resources

Hon. Frank S. Miller  
Minister

Dr. J. K. Reynolds  
Deputy Minister

Ontario



the metropolitan toronto and region  
conservation authority

Chairman:  
R. G. Henderson

Vice-Chairman:  
Mrs. F. Gell

## Urban Angling

Angling is associated with the unspoiled open countryside, and as the most typical of rural pastimes. Yet in truth there have always been anglers who have enjoyed their sport within urban areas, wherever the waters were clean and held fish and there was access to the waterside.

It is a saving grace of the vast urban complex of New York City that it is beside the Atlantic Ocean and every day, even during the heart of winter, a large hardy group fish from piers and from boats that sometimes go 70 or more miles out to sea. In London, England, a most popular angling venue is in the lake in Hyde Park, right in the centre of one of the world's largest cities.

Toronto has it all over them: It has *fishing*.

Urban angling facilities are tremendously important, because many who wish to fish have limited opportunity to travel great distances, and best of all it makes it possible for a city-stress-ridden person to fish far more often if facilities are close by. One can go fishing for an hour or so in the evening of the working week, or even during an off-shift period. The finest outdoors pursuit of all is angling and the closer to home it may be enjoyed, the happier and the more joyful experience it can be.



## **WARNING:**

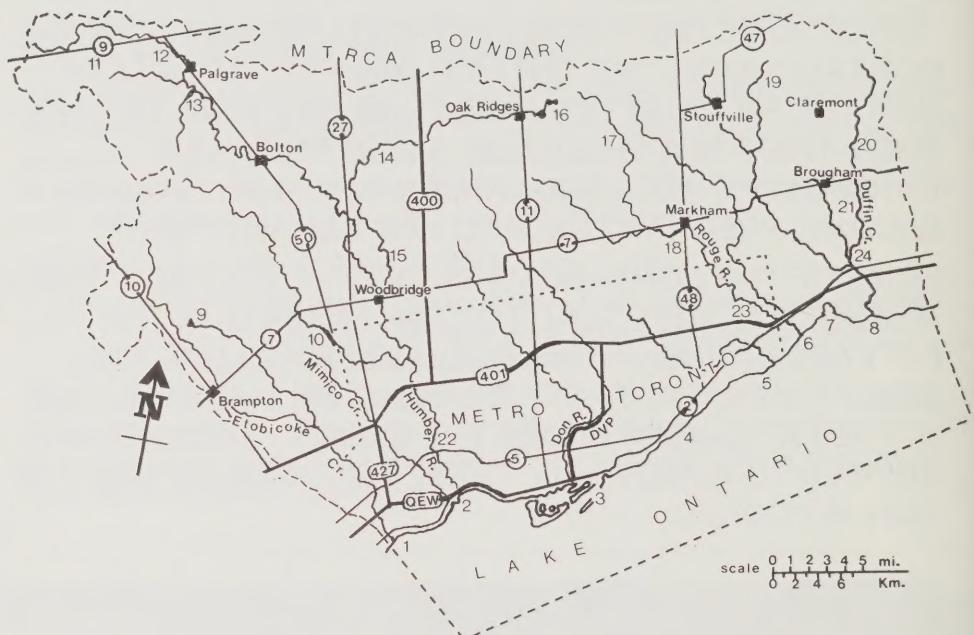
One of the major problems that came to light during the study was the contamination of some fish from Lake Ontario.

**"SINCE SOME FISH FROM LAKE ONTARIO MAY CONTAIN CONTAMINANTS, THE ONTARIO MINISTRY OF HEALTH HAS ADVISED THAT NO MORE THAN ONE MEAL OF FISH FROM THIS AREA SHOULD BE EATEN PER WEEK. NURSING MOTHERS AND WOMEN WHO ARE, OR MAY BECOME, PREGNANT SHOULD NOT EAT ANY FISH."**

**SOME OF THE CONTAMINANTS ARE FAT SOLUBLE, WHICH MEANS THAT THEY TEND TO CONCENTRATE IN THE FATTY PORTIONS OF THE FISH. THESE INCLUDE THE BELLY FLAPS, THE FATTY TRIANGLE ON THE BACK, AND IN THE FAT LAYERS UNDER THE SKIN. SO ANGLERS ARE ADVISED TO REMOVE ALL THESE PORTIONS BEFORE THE FISH IS COOKED.**



# Areas Sampled by Operation Doorstep Angling



## Legend

1 Etobicoke Creek Estuary	13 Albion Hills Cons. Area
2 Humber River Estuary	14 Humber Trails Cons. Area
3 Hearn Generating Station	15 Boyd Cons. Area
4 Bluffers Park	16 Lake St. George Cons. Area
5 East Point Park	17 Bruce's Mill Cons. Area
6 Rouge River Estuary	18 Milne Cons. Area
7 Frenchman Bay	19 Goodwood F. & W. Cons. Area
8 Duffin Creek Estuary	20 Claremont Cons. Area
9 Heart Lake Cons. Area	21 Greenwood Cons. Area
10 Claireville Cons. Area	22 Lower Humber River
11 Glen Haffy Cons. Area	23 Lower Rouge River
12 Palgrave F. & W. Cons. Area	24 Lower Duffin Creek

## Operation Doorstep Angling — What is it?

In September of 1973, the Ontario Ministry of Natural Resources (OMNR) and the Metropolitan Toronto and Region Conservation Authority (MTRCA) started on a cooperative recreational fishery project in the Metropolitan Toronto area to examine the recreational angling potential available.

Named "Operation Doorstep Angling", the project examined the fishery resource of most of the waters within MTRCA's jurisdiction with the view of improving and also promoting angling.

Twenty-four sampling locations were established in the study area. And the shoreline of Lake Ontario between Etobicoke Creek and Duffin Creek was examined, as were the lakes, reservoirs and some portions of streams within the MTRCA region.

Sampling was conducted during 1974 and 1975. Information was gathered on species, abundance and size of fish found. Water quality was examined throughout the study area and deemed satisfactory for the support of fish populations — including some popular species that anglers like to pursue.



## Management — Helping the Angler and the Fish

Just as the secret of running a successful industry is a matter of good management, so can effective fishery management improve angling in the Metropolitan Toronto area . . . an important fact seldom explained nor understood by the general public.

There must be a good supply of acceptable recreational fish present to satisfy anglers, and the existing lake populations must be helped to grow in a natural way by habitat improvement works such as the addition of bottom structure, the creation of spawning facilities, dredging and the control of water levels.

Lake Ontario in particular tends to be rather bare, but in all the places where there are shoals, ledges, weedbeds and other bottom structure, fish are to be found. Increasing the bottom structure can only lead to an increase in fish populations.

Stream habitation within the area is wide open for improvements such as removal of obstructions to flow, bank repair and revetting and the introduction of deflectors, boulders and bank cover.

Fish stocking may take place, either to supplement an existing population of fish, or to introduce a species of recreational or forage value to a suitable area.

At this time, and even more so in the future, one of the most important factors in the Doorstep Angling concept is access to the fish populations. And this should not be viewed in traditional terms of simple access to the bank of a stream, or the shoreline of a lake. Piers with seats, where older anglers can go and relax are most important, and facilities on bridges, special boardwalks, fishing trails and stream easements are all vital to bring the angler down to comfortable reach of the fishing facility.

Also exceptionally important in this matter of access are boat facilities — places to launch boats and park trailers. The area needs boat rental facilities and charter boat docking space.

Some quite limited publicity may be needed to point people towards facilities, but given good fishing, word of mouth will suffice for all but visitors.

## Fishes — How many are found near Toronto?

The Operation Doorstep Angling team pinpointed 66 types of fish in the Toronto area, almost 50 per cent of the fish species of Ontario. And while most were small fish that few anglers could identify — outside of calling them "minnows" or "baitfish" — 27 were considered suitable recreational species. This list ranges through brook trout, salmon, carp, largemouth bass, bowfin, freshwater drum, and white bass.



# Checklist of the Fishes of the Metropolitan Toronto Area

\* designates a recreational fish

American brook lamprey	<i>Lampetra lamottei</i> (Lesueur)
Sea lamprey	<i>Petromyzon marinus</i> Linnaeus
* Bowfin	<i>Amia calva</i> Linnaeus
Alewife	<i>Alosa pseudoharengus</i> (Wilson)
Gizzard shad	<i>Dorosoma cepedianum</i> (Lesueur)
* Coho salmon	<i>Oncorhynchus kisutch</i> (Walbaum)
* Chinook salmon	<i>Oncorhynchus tshawytscha</i> (Walbaum)
* Rainbow trout	<i>Salmo gairdneri</i> Richardson
* Brown trout	<i>Salmo trutta</i> Linnaeus
* Brook trout	<i>Salvelinus fontinalis</i> (Mitchill)
* Splake	<i>Salvelinus namaycush</i> x <i>Salvelinus fontinalis</i>
* Round whitefish	<i>Prosopium cylindraceum</i> (Pallas)
* Rainbow smelt	<i>Osmerus mordax</i> (Mitchill)
Central mudminnow	<i>Umbra limi</i> (Kirtland)
* Northern pike	<i>Esox lucius</i> Linnaeus
Goldfish	<i>Carassius auratus</i> (Linnaeus)
Northern redbelly dace	<i>Chrosomus eos</i> Cope
Redside dace	<i>Clinostomus elongatus</i> (Kirtland)
Lake chub	<i>Couesius plumbeus</i> (Agassiz)
* Carp	<i>Cyprinus carpio</i> Linnaeus
Brassy minnow	<i>Hybognathus hankinsoni</i> Hubbs
River chub	<i>Nocomis micropogon</i> (Cope)
Golden shiner	<i>Notemigonus crysoleucas</i> (Mitchill)
Emerald shiner	<i>Notropis atherinoides</i> Rafinesque
Common shiner	<i>Notropis cornutus</i> (Mitchill)
Blackchin shiner	<i>Notropis heterodon</i> (Cope)
Blacknose shiner	<i>Notropis heterolepis</i> Eigenmann & Eigenmann
Spottail shiner	<i>Notropis hudsonius</i> (Clinton)
Rosyface shiner	<i>Notropis rubellus</i> (Agassiz)

Spotfin shiner	Notropis spilopterus (Cope)
Sand shiner	Notropis stramineus (Cope)
Mimic shiner	Notropis volucellus (Cope)
Bluntnose minnow	Pimephales notatus (Rafinesque)
Fathead minnow	Pimephales promelas Rafinesque
Blacknose dace	Rhinichthys atratulus (Hermann)
Longnose dace	Rhinichthys cataractae (Valenciennes)
* Creek chub	Semotilus atromaculatus (Mitchill)
Longnose sucker	Catostomus catostomus (Forster)
* White sucker	Catostomus commersoni (Lacepede)
Northern hog sucker	Hypentelium nigricans (Lesueur)
* Brown bullhead	Ictalurus nebulosus (Lesueur)
* Channel catfish	Ictalurus punctatus (Rainesque)
Stonecat	Noturus flavus Rafinesque
Tadpole madtom	Noturus gyrinus (Mitchill)
* American eel	Anguilla rostrata (Lesueur)
Banded killifish	Fundulus diaphanus (Lesueur)
Brook stickleback	Culaea inconstans (Kirkland)
Threespine stickleback	Gasterosteus aculeatus Linnaeus
* White perch	Morone americana (Gmelin)
* White bass	Morone chrysops (Rafinesque)
* Rock bass	Ambloplites rupestris (Rafinesque)
* Pumpkinseed	Lepomis gibbosus (Linnaeus)
* Bluegill	Lepomis macrochirus Rafinesque
* Smallmouth bass	Micropterus dolomieu Lacepede
* Largemouth bass	Micropterus salmoides (Lacepede)
* Black crappie	Pomoxis nigromaculatus (Lesueur)
* Yellow perch	Perca flavescens (Mitchill)
* Yellow pickerel	Stizostedion vitreum (Mitchill)
Rainbow darter	Etheostoma caeruleum Storer
Iowa darter	Etheostoma exile (Girard)
Fantail darter	Etheostoma flabellare Rafinesque
Johnny darter	Etheostoma nigrum Rafinesque
Logperch	Percina caprodes (Rafinesque)
* Freshwater drum	Aplodinotus grunniens Rafinesque
Mottled sculpin	Cottus bairdi Girard
Slimy sculpin	Cottus cognatus Richardson

## Recreational Fishes — Where to find them

		Bowfin	Coho salmon	Chinook salmon	Rainbow trout
1. Etobicoke Creek	— off Lakeshore Blvd. 1/4 mile east of Dixie Rd.	●			
2. Humber River	— off Lakeshore Blvd. 2 miles west of C.N.E.	●			
3. Hearn Generating Station	— on Unwin Ave. at the foot of Leslie St. in Toronto	●	●		●
4. Bluffer's Park	— bottom of Brimley Rd. in Scarborough		●		
5. East Point Park	— accessible by boat at east end of Scarborough Bluffs — accessible by car from Beechgrove Dr. south off Lawrence Ave.	●	●		
6. Rouge River Estuary	— exit off 401 at Port Union Rd. then west on Island Rd. to Rouge Hills Dr., then south 1 mile	●	●		
7. Frenchman Bay	— south on Liverpool Rd. from Hwy 401	●	●	●	●
8. Duffin Creek Estuary	— exit off 401 at Liverpool Rd. turn left at light on Baseline Rd. to Station Rd. — 2 miles	●			
9. Heart Lake Conservation Area	— 4 miles north of Hwy 7 on Heart Lake Rd. in Brampton				●
10. Claireville Conservation Area	— entrance to Area 1 mile west of Hwy 50 on Hwy 7				
11. Glen Haffy Conservation Area	— 21 miles north of Hwy 7 on Airport Rd., 1 mile south of Hwy 9				
12. Palgrave Forest and Wildlife Conservation Area	— 6 miles north of Bolton on Hwy 50, turn west on No. 25 sideroad, then 1 mile north on 6th line				
13. Albion Hills Conservation Area	— 5 miles north of Bolton on Hwy 50				



## Recreational Fishes — Where to find them

		Bowfin	Coho salmon	Chinook salmon	Rainbow trout
14. Humber Trails Conservation Area	— exit Hwy 400 at King Rd. west 2 miles to Mill Rd., 1/2 mile south				
15. Boyd Conservation Area	— 2 miles north of Hwy 7 on Islington Ave.				
16. Lake St. George Conservation Area	— 1 mile east of Hwy 11 (at Oak Ridges) along Wilcock's Lake Road				
17. Bruce's Mill Conservation Area	— 3 1/2 miles west of Hwy 48 on Gormley Rd.				
18. Milne Conservation Area	— 1/2 mile south of Hwy 7 on 7th concession Markham				
19. Goodwood Forest and Wildlife Conservation Area	— west of Stouffville along Altona Road to Altona, north 1 mile to Glasgow, west 1 mile to 3rd concession, then 1/2 mile north				
20. Claremont Conservation Area	— 2 miles east of Brougham on Hwy 7, then north on Westney Rd.				
21. Greenwood Conservation Area	— 2 miles south of Hwy 7 on Westney Rd.				
22. Lower Humber River	— north of Bloor St. W. along Old Mill Rd.	●			
23. Lower Rouge River	— 200 yards east of Sheppard Ave. along Twyn Rivers Drive				
24. Lower Duffin Creek	— 100 yards south of Hwy 2, Pickering	●	●		
25. Toronto Islands	— ferry from foot of Bay St., Toronto				
26. Grenadier Pond	— in High Park, north of the Queensway on Howard Rd. or Ellis Ave.	●			





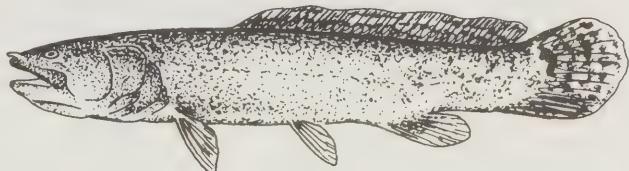
# Recreational Fishes — all about them

## Bowfin

## *Amia calva*

Amia — an ancient name of a fish;  
calva — smooth

- back brownish green, shading to brown side and yellow belly • long dorsal fin
- nostril barbels • large bony head



### Size

- average weight 1.4 kilograms (3 lb.)

### Habitat

- found in marshes and vegetated bays of warm lakes and rivers

### Food

- has a voracious appetite  
eats fishes, crayfish and frogs

### Angling

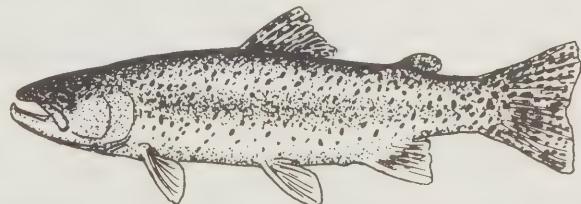
- readily takes live bait and lures fished on the bottom
- provides considerable sport when taken on light tackle
- the flesh is soft and jellylike and not considered of much food value

## Rainbow trout

## *Salmo gairdneri*

Salmo — Latin name for the salmon of the Atlantic;  
gairdneri — after Dr. M. Gairdner, a naturalist with the  
Hudson's Bay Company

- back green to greenish blue • reddish band along side • mouth extending beyond eye
- spotted heavily along sides and over the entire caudal fin • Sides silvery



### Size

- in small-bodies of water 200 grams (7 oz.)
- in Lake Ontario 0.9 - 2.3 kilograms (2 - 5 lb.)

### Habitat

- prefers cold clean water
- more tolerant of warmer water than most trout
- found in both lakes and streams

### Food

- insects, fishes, worms and fish eggs

### Angling

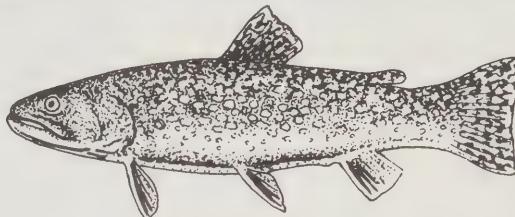
- in streams, the rainbow takes wet and dry flies, roe bags and spinners
- in lakes, the rainbow may be taken with minnows, worms or by trolling
- the flesh is of excellent eating quality

## Brook trout

## *Salvelinus fontinalis*

*Salvelinus* — an old name for char;  
*fontinalis* — living in springs

- back greenish with worm-like markings
- tail fin square
- scales small and numerous
- white border on leading edge of lower fins
- sides with small red spots bordered with a bluish halo



### Size

— average weight 114 grams (4 oz.)

### Habitat

— requires cold, clear, well oxygenated water  
— prefers streams with quiet pools and stretches of rapid water with a sand and gravel bottom

### Food

— aquatic and terrestrial insects and small fishes

### Angling

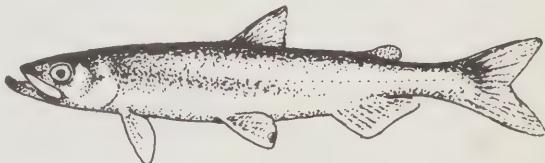
— takes wet or dry flies, small artificial lures or simply a hooked worm  
— the flesh may be amber, pink or red and is of excellent flavour

## Rainbow smelt

## *Osmerus mordax*

*Osmerus* — smell;  
*mordax* — biting

- slender with silvery sides
- strong teeth on the jaws and tongue



### Size

— average length 17 - 19 cm. (6 - 7 in.) although individuals of 25 cm. (10 in.) are reported

### Habitat

— enters shallows and river mouths to spawn in April through early May  
— during the rest of the year smelt are found in open water at depths of 15 to 60 metres (49 - 197 ft.)

### Food

— freshwater shrimp and other invertebrates, and fishes

### Fishing

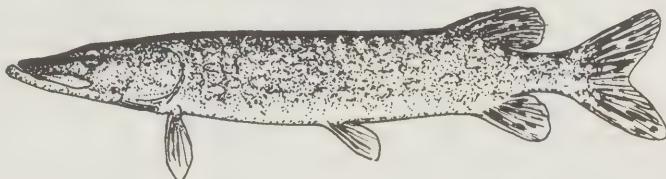
— dipnetting or seining at night during the spawning run is the most popular and productive method  
— smelt are renowned as a food fish

## Northern pike

## *Esox lucius*

Esox — an old name for the pike in Europe;  
lucius — the supposed latin name for this fish

- light oval spots on dark green back becoming lighter on the sides • duck-like jaws
- 10 pores on underside of jaw



### Size

- average weight 1 - 2 kilograms (2 - 4 lb.) but fish of 5 kg. (11 lb.) are present

### Habitat

- prefers shallow, well vegetated areas in warm waters
- frequently found in less than 1 m (3 ft.) of water

### Food

- almost exclusively fishes but will eat small animals

### Angling

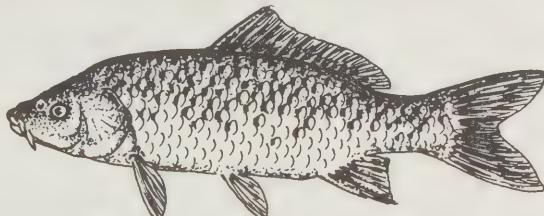
- trolling or casting with shallow running spoons and spinners near weed beds
- still fishing with minnows at the edge of weed beds
- the flesh is sweet, white and flaky

### Carp

## *Cyprinus carpio*

Cyprinus — ancient name of the carp;  
carpio — latinized form of carp

- back dark green to brown becoming yellowish on the belly • saw-edged spiny ray
- overhanging snout • two barbels on each side of upper jaw • large thick scales



### Size

- average weight 2 kilograms (4 lb.) but fish over 7 kg (15 lb.) are present

### Habitat

- warm, shallow water with much aquatic vegetation
- carp are tolerant of poor environmental conditions and may be found in murky water which is low in oxygen

### Food

- feed mainly on aquatic vegetation

### Angling

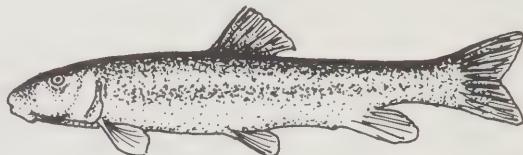
- taken by fishing the bottom with corn kernels, doughballs, or worms
- still fishing with the aid of a bobber is most productive
- the flesh is particularly tasty when smoked

## White sucker

## *Catostomus commersonni*

*Catostomus* — inferior mouth;  
*commersonni* — after P. Commerson, a French naturalist

- dark gold to brassy back
- overhanging snout
- thick lipped
- silvery sides



### Size

- average weight 0.5 kilograms (1 lb.)

### Habitat

- found on the bottom of rivers and lakes
- in the spring the sucker ascends rivers to spawn

### Food

- insect larvae, aquatic vegetation, and worms
- feeds on the bottom

### Angling

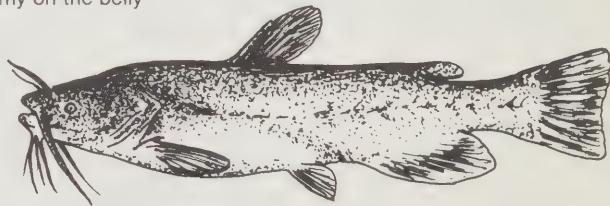
- taken in dip nets during spring spawning run
- still fishing on the bottom with a small hook baited with a worm or doughball
- the flesh is white, flaky, and sweet but somewhat bony
- it is best eaten in the spring when taken from cold water

## Brown bullhead

## *Ictalurus nebulosus*

*Ictalurus* — fish cat;  
*nebulosus* — clouded

- thick saw-toothed spines on dorsal and pectoral fins
- dark barbels on chin
- square tail fin
- dark brown back becoming creamy on the belly



### Size

- average weight 230 grams (8 oz.) but fish may exceed 0.9 kilograms (2 lb.)

### Habitat

- found near the bottom of shallow, warm water areas having sand or mud bottoms
- brown bullhead are tolerant of poor environmental conditions and may be found in areas unable to support other species

### Food

- insect larvae, crayfish, snails, and aquatic vegetation
- feed on the bottom at night, using barbels to help locate food

### Angling

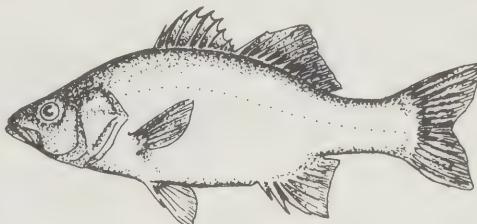
- taken by still fishing on the bottom with worms, doughballs or minnows
- the reddish coloured flesh is quite flavourful

## White perch

## *Morone americanus*

Morone — (word root unknown);  
*americanus* — American

- back olive to brown, blending to dark silver sides • absence of stripes on the sides
- tips of jaws even



### Size

— average weight 115 - 230 grams (4 - 8 oz.)

### Habitat

— found in a variety of habitats but are abundant in areas that reach 24°C (75°F) or more in the summer  
— move onshore to feed at night returning to deeper water over gravel during the day

### Food

— insect larvae and small fishes

### Angling

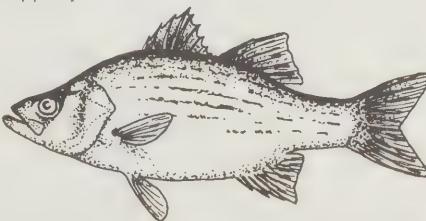
— takes live baits (worms and minnows) fished near the bottom in 3 - 6 m (10 - 20 ft.) of water  
— the white flesh is sweet tasting

## White bass

## *Morone chrysops*

Morone — (word root unknown);  
*chrysops* — gold; eye

- back gray in colour, silvery sides, and white belly • several rows of dark horizontal stripes
- lower jaw projects slightly beyond upper jaw



### Size

— average weight 230 grams (8 oz.)

### Habitat

— prefers clear, moderately deep, cool water over gravel bottoms and about rock shoals

### Food

— fishes form a large part of the diet but insects and other invertebrates are taken  
— white bass feed in schools

### Angling

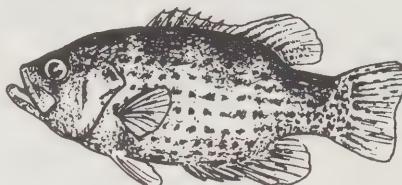
— at night white bass may be taken by surface lures  
— during the day live bait fished near the bottom and spinner lures prove successful  
— in the spring of the year it is readily taken at the mouths of rivers  
— the flesh is white and sweet tasting

## Rock bass

## *Ambloplites rupestris*

*Ambloplites* — blunt armature;  
*rupestris* — living among rocks

- dark spots forming horizontal rows on olive brown sides • 11 - 12 dorsal spines
- large reddish eyes • 5 - 7 anal spines



### Size

– average weight 115 - 230 grams (4 - 8 oz.)

### Habitat

– prefers clear pools and protected rocky areas  
– often associated with other sunfishes such as the smallmouth bass and pumpkinseed

### Food

– aquatic insects, crayfish and small fishes

### Angling

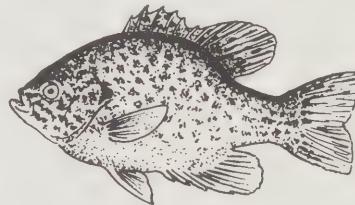
– readily taken on live bait (worms, grasshoppers, minnows), flies, small spinners and poppers  
– rock bass fight hard on light tackle  
– the flesh is firm, white and delicious

## Pumpkinseed

## *Lepomis gibbosus*

*Lepomis* — scaled operculum;  
*gibbosus* — like a full moon (referring to body shape)

- back greenish-olive in colour • rusty coloured blotches on orange-yellow sides and belly
- red spot on gill cover • cheeks and gill covers with wavy blue streaks



### Size

– average weight 115 - 215 grams (4 - 8 oz.)

### Habitat

– found in shallow, sheltered areas of lakes and slow moving rivers  
– prefers areas with submerged vegetation and brush cover

### Food

– insect larvae, snails, crayfish and small fishes  
– food is taken off the bottom and at the surface

### Angling

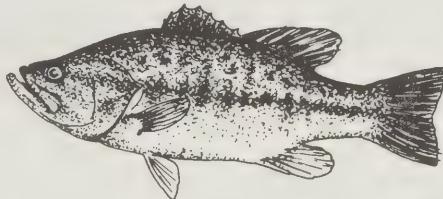
– readily taken on worms, grasshoppers, small spinners and surface poppers  
– provide considerable sport on light tackle  
– the flesh is white, flaky and sweet

## Largemouth bass

## Micropterus salmoides

Micropterus — short fin, a damaged second dorsal led Lacepede to think there was a short fin at the rear of it; salmoides — trout-like

- dark green back blending into lighter green sides and belly
- broad, dark horizontal stripes
- jaw extends beyond eye



### Size

- average weight 0.5 - 1.4 kilograms (1 - 3 lb.) but individuals up to 2.3 kilograms (5 lb.) are present

### Habitat

- found near weedbeds, logs, stumps and other sunken debris
- prefers warm water of less than 6 metres (20 ft.)

### Food

- aquatic insects, crayfish, frogs and fishes

### Angling

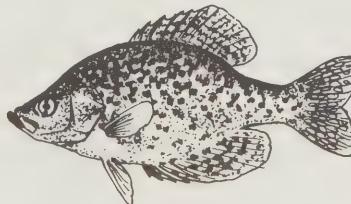
- caught by still fishing with worms, frogs or crayfish near weedbeds
- takes surface plugs cast along the edges of weedbeds and among sunken logs
- the flesh is white, flaky and of excellent quality

## Black crappie

## Pomoxis nigromaculatus

Pomoxis — sharp gill cover;  
nigromaculatus — black spotted

- dark green to black
- dark spots or blotches on silvery coloured sides
- forehead depressed
- 7 - 8 dorsal spines



### Size

- average weight 230 grams (8 oz.) but may reach 0.5 kilograms (1 lb.)

### Habitat

- found in shallow, warm water bays having abundant growth of aquatic vegetation
- prefers clear water over sandy and mud bottoms

### Food

- aquatic insects and other invertebrates, and small fishes

### Angling

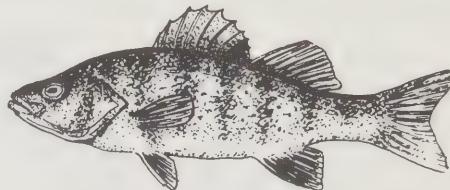
- takes worms, minnows and a variety of artificial lures such as spinners and poppers
- black crappie can provide considerable enjoyment on light tackle
- the flesh is white, flaky and very tasty

## Yellow perch

## *Perca flavescens*

Perca — dusky;  
*flavescens* — yellow

- dark green back blending into yellow sides
- broad dark vertical bars present along sides



### Size

— average weight 180 grams (6 oz.) but individuals of 0.4 - 0.5 kilograms (0.9 - 1.1 lb.) are common

### Habitat

— yellow perch are adaptable to a variety of habitats  
— prefers open, clear water with aquatic vegetation and a mud, sand or gravel bottom

### Food

— aquatic insects, crayfish and small fishes

### Angling

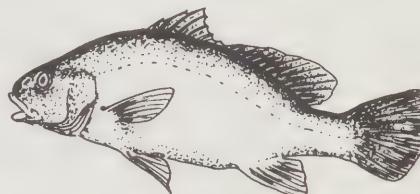
— taken by still fishing near the bottom with worms or minnows  
— yellow perch strike feebly and a bobber may aid in detecting the strike  
— the flesh is white, firm, and delicious

## Freshwater drum

## *Aplodinotus grunniens*

*Aplodinotus* — simple or single;  
*grunniens* — grunting

- dark green back
- sides silvery, belly white
- long dorsal fin extending almost to tail fin
- rounded snout overhanging mouth
- rounded tail fin



### Size

— average weight 0.5 - 0.9 kilograms (1 - 2 lb.)

### Habitat

— found in large, shallow bodies of water with mud and sand bottoms  
— prefers clear water but can adapt to high levels of turbidity

### Food

— snails, clams, aquatic insects, crayfish and fishes

### Angling

— taken by still fishing near the bottom with worms, crayfish or minnows  
— the flesh is white and composed of coarse flakes  
— small fish are most palatable

## Other Recreational Fishes

It comes as quite a shock to realize that within this Metropolitan Toronto angling area there are to be found coho and chinook salmon, brown trout, rainbow trout, and the occasional brook trout.

Many of the rivers running down to Lake Ontario through Metropolitan Toronto contain, at different distances from the lake, huge brown trout, annual runs of rainbow/steelhead trout, runs of white bass up to three pounds in weight, American eels, pike, bass and even the common sucker and smelt that give vast enjoyment to many thousands of young and old on their spring run.

Coho and chinook salmon, brown trout and occasionally splake are available in the inshore waters of Lake Ontario during early spring and fall. They are often found in areas containing rainbow smelt and alewife upon which they feed. Brown trout inhabit some streams around Metropolitan Toronto.

Round whitefish are found along the Scarborough Bluffs, and, although difficult to catch, are a gourmet's delight. Creek chub are readily available in most rivers and streams to the delight of young anglers. Channel catfish, distinguished from their smaller cousin the brown bullhead by dark body spotting and forked tail, inhabit a few stretches along the Lake Ontario shoreline.

American eel fight hard and are delicious when smoked. They are taken by anglers at the mouths of rivers. Bluegill, like pumpkinseed, are found in shallow, warm lakes and bays. They provide good sport on light tackle and are excellent eating. Smallmouth bass are found in rocky areas of flowing water. They are good fighters and their flesh is of good quality.

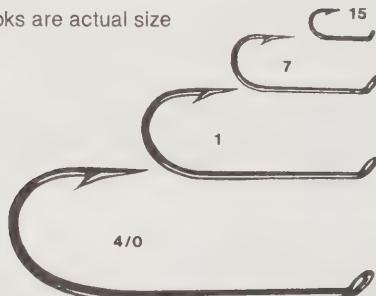
Walleye (yellow pickerel) are occasionally found along the Metropolitan Toronto waterfront. However, this excellent tasting member of the perch family is rarely taken by urban anglers.

# Angling Tactics — From the Water to the Creel

Angling methods are as varied as the people who fish. The following information is provided to make your angling more enjoyable and successful.

1. Hooks catch the fish. All other tackle serves only to get the hook to the mouth of the fish. A wide range of hook sizes may be used depending on the size and species of fish sought.

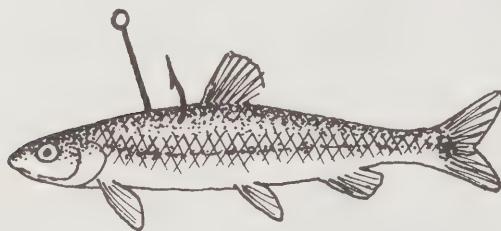
Hooks are actual size



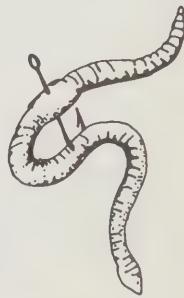
Suggested Range of Hook Size	
pike	4/0-1
bass	3/0-2
bullhead	1-5
carp	2-8
perch	3-7
white bass/white perch	3-7
panfish*	6-12
trout	7-15

\* includes crappie, bluegill, pumpkinseed, and rock bass

2. Baits are divided into two categories — natural and artificial. Natural baits include minnows, crayfish, worms and insects. It is important to take care when putting a natural bait on a hook so as not to hinder its normal appearance or movement.

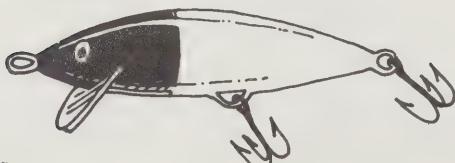


Live Minnow

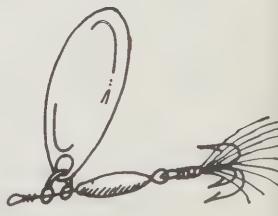


Worm

Artificial baits are made of plastic, wood or metal. They imitate natural baits or simply attract fishes by their colour and action.



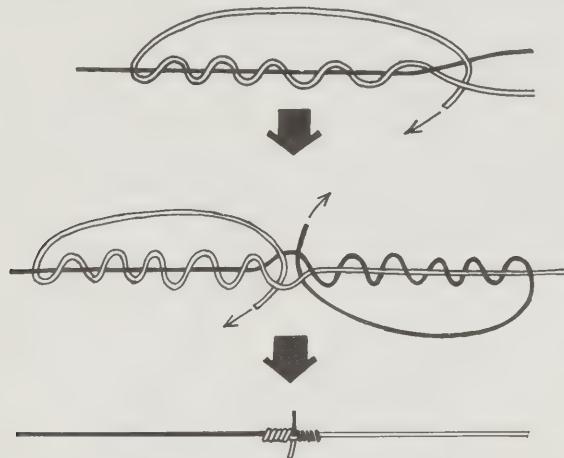
Plug



Spinner

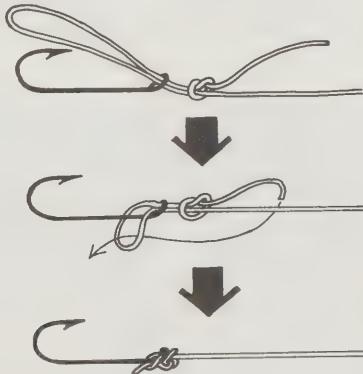
3. Knots can make the difference between landing a fish and talking about the one that got away. Illustrated below are some basic knots.

Blood knot



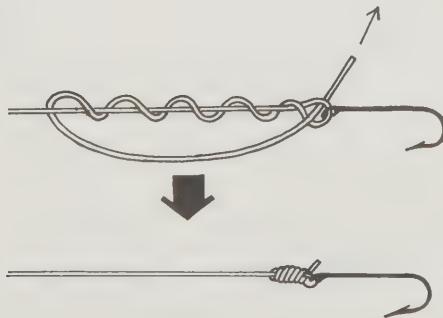
For joining two equal lines together

Double eye



Strongest knot for joining monofilament line to hook

Clinch knot



Easy but very efficient knot for joining monofilament line to hook

**4.** Landing the fish is often where the fun and challenge lies. The following hints should help to land that big one.

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1. Snap the rod to a vertical position while holding the reel handle. This will set the hook.
2. While playing the fish, the rod should be held at right angles to the fish's pull. If the rod tip is allowed to drop, there is unnecessary stress placed on the line.
3. When the fish is within a rod's length of you, land it with a net. Do not pull it from the water by your line since the fish's weight may break the line.

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# Cleaning the Catch — It's not as difficult as it appears

The joy of eating your catch can be dampened by difficulties in preparing it for the pan. However, cleaning does not have to be difficult! With a thin bladed, sharp knife the job can be done quickly and simply. Below are two ways of cleaning the catch.

## 1. Simple Dressing

A.



Scrape off scales towards the head.

B.



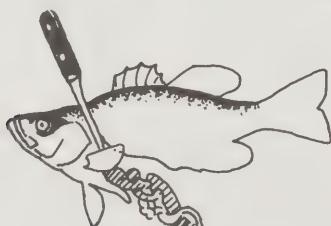
Cut ( $\frac{1}{2}$  inch deep) along each side of the dorsal and anal fins.

C.



Slit the belly from the vent forward to the head.

D.



Remove the entrails from the body cavity and cut off the head.

E.

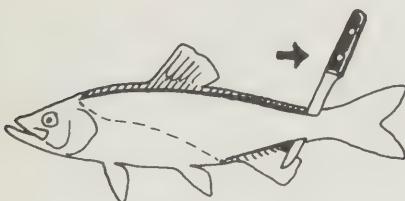


Pull out the loosened dorsal and anal fins, cut off the tail and wash out the body cavity.

## 2. Filleting

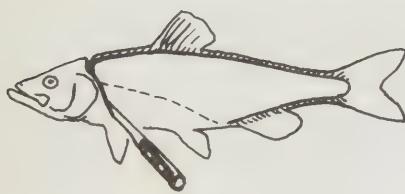
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A.



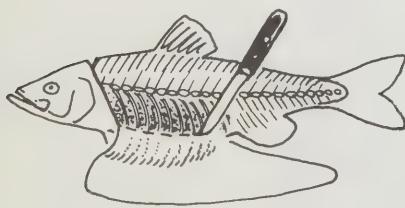
Cut along the back to behind the dorsal fin then insert blade clear through the body to a point just behind the vent. Slice along the backbone to the tail.

B.



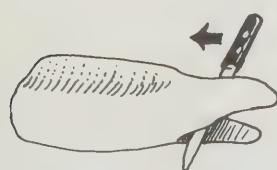
Cut from top of back to the belly just behind the head.

C.



Insert knife in original cut (step A) and slice down freeing the fillet from the rib cage.

D.



Insert the knife between the skin and the meat and slice the meat off with a seesaw motion.

## **Cooking the Catch — How to look like a master chef**

Fish can be cooked in a variety of ways — broiling, baking, steaming, frying and smoking. Recipes are too numerous to mention and can be found in many cookbooks. Regardless of the method or recipe used there are a few simple rules to follow that will ensure success.

Do not overcook your fish as this will cause it to become dry and chewy. Basting may be required for lean fishes such as yellow perch and sunfishes. Fish is done when the flesh is translucent and flakes easily. Reckon on 10 minutes cooking by any style per one inch of flesh.

Overhandling fish during cooking and serving can cause it to fall apart.

Soaking fish in water causes it to lose its flavor and become flabby. Fish should be washed quickly and dried with paper towels before cooking.

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## **Angling Regulations**

The Ontario Fishery Regulations and any additional restrictions which the Metropolitan Toronto and Region Conservation Authority may impose for angling on their lands must be followed. A summary of the Ontario Fishery Regulations is included int he back of this booklet for your convenience. Additional copies are available from the Ministry of Natural Resources, Parliament Buildings, Toronto, or from any of the Ministry's District Offices.

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## Angling Safety and Etiquette

Angling affords an opportunity for tranquil relaxation and contemplation. Such moments need not be marred if a few simple concepts are kept in mind.

Rules of water safety should always be observed. Small boats should not venture far from the Lake Ontario shore and life jackets must be available and should be worn when boating.

Anglers should be cautious with hooks around other people and take care not to disturb other anglers. In short, treat fellow anglers as you would wish to be treated.

Unwanted fish should be returned to the water alive and unharmed so that they may provide sport for someone else. Discarded fish littering an angling area are of no value to anyone.

If anglers act with common sense and courtesy towards others everyone can enjoy and benefit from the angling opportunities available in the Metropolitan Toronto area.



## **Books of Interest to the Angler**

Bennett, Tiny. 1970. "The Art of Angling",  
Prentice Hall, Scarborough, Ontario,  
228 pp., illus.

Canada, Department of the Environment. 1969. "Canadian Fish Cook Book",  
Queen's Printer, Ottawa,  
96 pp., illus.

Canada, Department of the Environment. 1970. "Let's Serve Freshwater Fish",  
Queen's Printer, Ottawa.  
96 pp., (free upon request).

Fichter, G.S. and P. Francis. "A Guide to Fresh and Saltwater Fishing",  
A Golden Handbook, Golden Press, New York, N.Y.,  
160 pp., illus.

Mackay, H.H. 1969. "Fishes of Ontario",  
Ministry of Natural Resources, Toronto, Ontario, M7A 1W3  
360 pp., illus. \$2.50

MacIquham, F. 1974. "Fish Cookery of North America",  
Winchester Press, New York,  
300 pp., illus.

McAllister, D.E. and E.J. Crossman. 1973.  
"A Guide to the Freshwater Sport Fishes of Canada", Natural History series, No. 1,  
National Museum of Natural Sciences, Ottawa, 89 pp., illus.

Scott, W.B. and E.H. Crossman. 1973. "Freshwater Fishes of Canada", Bulletin 184,  
Fisheries Research Board of Canada, Ottawa,  
966 pp., illus.

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## **Further Information**

Enquiries about angling in the Metropolitan Toronto area may be directed to:

District Office  
Ministry of Natural Resources  
R.R.#2, Maple, Ontario  
L0J 1E0  
Telephone (416) 832-2261

The Metropolitan Toronto and Region  
Conservation Authority  
5 Shoreham Drive  
Downsview, Ontario M3N 1S4  
Telephone (416) 661-6600

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